

PORTLAND ANCHOR



“Louisville’s Oldest Neighborhood Newspaper”

Vol. 50, No. 6

June, 2022

We're Back!

2022 - 46th Annual Portland Festival

Friday, June 3rd, 5 pm – 11 pm

Saturday, June 4th, 1 pm – 11 pm



2022 Portland Festival Stage Sponsored by KY Lottery

Parade will start June 4th at noon, beginning at Family Health Center on Portland Avenue, and continue through 33rd and NW Parkway. This year’s theme is “Celebrating Community Pride.” Be sure to show your spirit along the route!

2022 Mayor of Portland: Pops Thomas
Parade Grand Marshall: Tony Gathoff

Booth rental, donations, sponsorships, please call 502-901-1590
<http://www.portlandfestival.org>

2022 Music Lineup

Ya'll ready for some music! Check out the 2022 music lineup!

Friday – June 3rd

5:30pm – 7:30pm IMG - Illustris Music Group

8:00pm – 11:00pm Lindsey Lane Band

Saturday – June 4th

1:00pm – 2:00pm Central High School Marching Band

2:30pm – 4:30pm Dallas Cole Band

5:00pm – 8:00pm The Reclaimers

9:00pm – 11:00pm Wyld Ryde

Car Show - Saturday, June 4th

Sponsored by KG's Body Shop / Rain or Shine
 Contact Earl 502-356-8358, or K.G. 502-291-2025

New “Portland Housing Partnership” Builds Home Ownership Opportunities

By Judy Schroeder, PNI & Marian Silliman, HPI

There’s been a lot of discussion in the neighborhood about our problems with vacant housing, sky-rocketing rents, and the loss of home ownership. Seems like a perfect puzzle that can only be solved with money that we don’t have.

But with a little hard work, some good will, and interested neighbors, Portland Now and The Housing Partnership, Inc. (HPI) may have pieced together part of the puzzle. The new “Portland Housing Partnership” is here to increase owner-occupancy, repair vacant and abandoned properties, and support a strong and healthy neighborhood. The plan is twofold:

Home Ownership Opportunities Are Available NOW

HPI’s “Lease to Own” Home ownership program currently has 9 newly renovated single-family homes available in the Portland neighborhood, with more to come in the future.

For those interested, eligibility depends on the following: 1) household incomes being below 60% of Louisville’s area median income (see chart below), 2) a commitment to free, one-on-one, financial planning with a certified HPI Housing Counselor to help repair your credit score so you can become mortgage-ready, and 3) your commitment to help build “healthy blocks” by being a responsible Portland resident and a good neighbor while you lease-to-own.

FY2022 Income Limit Area	60% Area Median* Income (AMI) Persons in Family				
	1	2	3	4	5
Louisville, KY Metro Area	\$35,580	\$40,680	\$45,780	\$50,820	\$54,900

* the “area median” is the income level where half of Louisville’s households make more, and half make less.
 For comparison, 100% AMI for a 4-person household equals \$84,700 in Louisville, KY

HPI works with those who may have bad credit but have a willingness to budget and the earnestness to own. With a little hard work, you can fulfill your dream of owning your own home. For families that are mortgage-ready now, HPI has 6 houses listed for sale for affordable home ownership and additional homes will be for sale in the future.

Those interested may apply today by calling Sandy Case-Rogers with Schuler-Bauer Realtors at (502) 931-0245 or Yvonne McAfee with Metro Advantage Realty at (502) 291-8577. As Sandy says, “Life brings us opportunities. Together, with determination and dedication, we can make that a reality!”

Future Homeownership Opportunities

It pays to plan ahead.

Portland Now, Inc. (PNI) has joined HPI in the effort to help bring abandoned property back to life. With a shared mission to keep Portland strong, PNI and HPI intend to increase home

(Continued on Page 9)

Follow us on Portland Now, Inc. and portlandlouisville.com
for a color view of the Portland Anchor

DEADLINE FOR NEXT ISSUE: JUNE 15, 2022

Look For Your Next Issue June 24 – July 2, 2022

Portland Now May 2022 Meeting

Tuesday, June 7, 2022

“We’re going to have an in person meeting at the Portland Library and a livestream on Google Hangouts. You’re welcome to join either platform.

The June meeting of Portland Now, Inc. will be Tuesday, June 7th on the Google Meet platform and in the meeting room of the Portland Library, 3305 Northwestern Pkwy. We will NOT be doing food at the in person event. Elections will be held for New Officers. Come elect your new PNI Leadership!

Social time starts at 6:00 pm and the board meeting (open to all) begins at 6:30 pm. If you would like to be on the agenda to speak or make announcements, please e-mail president@portlandnow.org before Noon on 6/7.

As always, all community members who would like to gain information about neighborhood initiatives or happenings, or get more involved with the great work being done by our committees, are welcome to attend. Hope to see you soon!

To join the video meeting, click this link:

meet.google.com/ako-xbua-dob **or** Join by phone

(US) +1 617-675-4444 PIN: 335 536 550 9667



Letter to the Editor

Hello. Donna Purvis came to our apartment building. She was glad to see me and I was glad to see her.

William Barnes

The Portland Anchor

P.O. Box 2108
Louisville, KY 40201-2108
775-6036

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2022 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
July 2022	JUNE 15	June 24 - July 2
August 2022	July 20	July 29 - August 6
September 2022	August 17	August 26 - September 3
October 2022	September 21	September 30 - October 8
November 2022	October 19	October 28 - November 5
December 2022	November 16	November 25 - December 3
January 2023	December 14	December 25 - January 3, 2022

** Dates are subject to change if needed.*



Articles received after the DEADLINE DATE, which is printed on the front page, will be held for publication in the following month's issue.

WE ARE A CONTRIBUTOR'S PAPER AND WE WELCOME YOUR MAIL!

The Portland Anchor welcomes writing and photographs!

Please send them to:

The Portland Anchor
P.O. Box 2108
Louisville, KY 40201-2108

Include your name, signature, address, and phone number. We cannot print copy righted materials without proper release. All contributor writings that are published will carry the writer's name.

READABLE: It is helpful if your writings are typewritten or printed clearly, with names correctly spelled. Remember someone has to be able to read what you have written.

PHOTOS: All photographs should have a name and address on the back, and should identify the subject in the picture. *Do not send laser print pictures, as they are usually of poor quality and won't print well.* A self-addressed envelope should be included if you want the photo returned. **Please enclose \$10.00 for each photograph** you wish to have published. If payment isn't received with pictures, they will not be published.

We reserve the right to edit, reject, or delay the publication of any written material or photographs.

The content of any article or ad is the responsibility and/or opinion of the writer of same, and is not necessarily the opinion of the Anchor and/or its staff.

The Portland Anchor Subscription Form

New Change of Name Address
 Renewal

Please Print

If renewal, please print exactly as it appears on mailing label, or remit label.

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ADDRESS _____

CITY _____ STATE _____

ZIP _____ TELEPHONE # _____

Beginning October 2021,
New & Renewal Rate Increase

1 year \$15.00

INCLUDE PAYMENT WITH SUBSCRIPTION

Mail To: The Portland Anchor
Subscription Department
PO Box 2108
Louisville, KY 40201-2108

Chit Chat

Information in Chit Chat is published **Free** as a service to Portland Anchor readers so that readers have a forum to announce important family events, and to express affection and love toward family, friends and neighbors. The Portland Anchor cannot verify the information published in 'Chit Chat', and assumes no responsibility for its truth or accuracy. **Photos cost \$10.00.** If you want photo returned, send a self addressed stamped envelope. **Do not send zerox or laser copies of photos.** Send original photo or save it to a disk or CD.

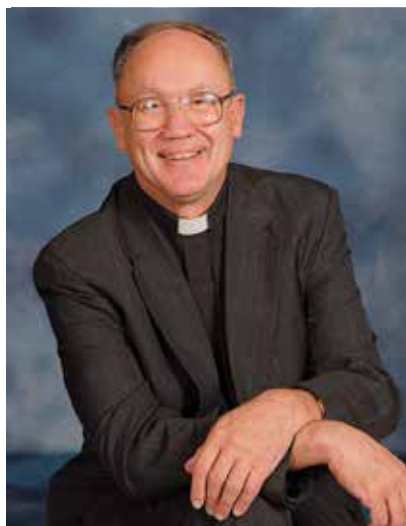
Chit Chat items must be no more than 100 words or less. No more than 10 items per person.
We reserve the right to edit or reject items that we feel are not appropriate for our publication.



What's in your garden?

Hello Portland, Little Carmie and Grampa in the garden, we just got done hoeing the garden. Man, Grampa's right, it's a job! But later on this summer it'll be worth it with the price of everything going up. We got everything from green onions to watermelons and if everything goes to plan, we'll have plenty, so stop by and get you some. And, oh yeah we got young rabbits for supper!

See ya on the water or in the field!



Fr. John Burke Celebrates Golden Jubilee

Fr. John Burke, former pastor of Good Shepherd Catholic Parish, will celebrate 50 years of priestly ministry with a Mass of Thanksgiving to be offered on Sunday, June 5, 2022 at 11 AM at Good Shepherd Catholic Parish, 3511 Rudd Avenue. All are invited to attend.

An extension of this celebration will be the repair of six homes and community clean up in Portland facilitated by Habitat for Humanity Of Metro Louisville. Your financial support and/or personal commitment to this project would be appreciated (louisvillehabitat.org).

Table of Plenty II

"Serving a free meal to all who come"

Wednesday, June 29, 2022

12 - 4 PM

2222 W. Market Street

This is a joint outreach of
 St. Agnes Catholic Church,
 Good Shepherd Catholic Church
 and Catholic Charities

*Menu: Chicken Tacos, Refried Beans,
 Rice, Cookie.*

Meals will be served indoors

All are welcome!

Dates and times subject to change.

Family Health Centers is offering FREE Health Classes!

Family Health Centers is offering free health classes! Zumba, cooking classes, family activities, and more are available in person or online on your phone, tablet, or computer.

Go to www.fhclouisville.org/healthed for more information.

Or, call Kristin at Family Health Centers (502) 772-8588



Ladies of Good Shepherd Card Party for a Cause

Tuesday, June 14, 2022

Lehmann Hall-3525 Rudd Avenue

Doors open at 10:30 AM

Luncheon served at Noon

Admission \$8.00 (includes lunch)

Reservations Recommended
 502-749-9780

Pull Tabs - Raffles - Cake Wheel

50% of the proceeds will benefit:
 Family Community Clinic

*In case of inclement weather we will
 follow JCPS schedule*

License #0032

HAPPY
Father's Day



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**American Legion
 Shawnee Post - 193**

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HALL RENTALS

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Love City Spring Carnival Saturday, May 21st



Cheryl and I went to Love City's Festival. Jumpy houses, games, food and all free! Thanks Love City! Unfortunately my past caught up with me today. Old moperly with intent to creep charges. — Pop Thomas at Love City Inc.

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*tax. Extra cheese & toppings
are additional cost

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2520 Portland Ave. ~ 776-6400
Portland & West End
Sun-Thurs 3pm-10pm, Fri & Sat 3pm-11:30pm

All pizza sales is plus tax. Additional cheese is extra price. Prices are subject to change.

Free Health Fair and Block Party

Saturday June 25th, 2022

2500 Portland Avenue

10am - 4pm

Vendors - Raffles - Food Trucks - Inflatables - Performances
Games - Resources - Networking

On June 25 at 2500 Portland Ave. A-One All-stars and DELTA present Health and wellness safe neighborhood day. With over 50 vendors, food trucks, free snow cones and cotton candy, prizes and giveaways. Children jumpy's and more. Performances by step and dance teams as well as local performing artist. Come out to this free event from 10 AM to 4 PM and experience the excitement of the neighborhood. For more information for vendors or general questions call 502-333-5041 A Howard

30th & Market 778-4419



www.baptistabernacle.com

Farmer Steve Norton Healthcare
Metro Bike Safety Cocoa-Cola
Lost Boys & Girls Foundation



Terri and Dave Royse

In And Out Dairy

Submitted by Rock & Danielle Wright

In And Out Dairy located at the corner of Portland Ave. & N 23rd St. is officially opening for business on June 4, 2022. They are going to be open seven days a week. Monday thru Saturday hours are 10 a.m- 9 p.m. & Sunday hours are 12 p.m.- 6 p.m. Dave & Terri Royse are the proud new owners & they welcome everyone to stop in! Dave and Teri both know that In & Out Dairy has been a staple in the Portland neighborhood for many years and happy to keep the business alive. Come get your favorite snacks, drinks, candy or of course, your favorite ice cream!

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Family Dentistry



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The Salvation Army

306 North 28th Street

Will be giving out Food Boxes Every Thursday

You may receive one food box once every month

You will need to call to make an appointment to receive the food box at 502 778-1912

The first 25 calls will get the help each week.

Jam Out with Portland Berries!

Pick berries, make jam, take jam home! Walk the Portland neighborhood to forage for berries then return to Healthy House to make your own jam. It's easy, delicious and fun! Join this Lots of Food workshop led by Amanda Fuller and hosted by Louisville Grows. Registration includes a jar of jam to take home and easy recipes so you can keep jamming all summer long! Cost is on a sliding scale, learn more and register at www.louisvillelotsoffood.com/workshops.html

**Friday, May 27 or Friday, June 3, 6-8 pm
(Rain dates, May 31 and June 6)**

Come Grow with Us!

Curious about starting a community orchard? Louisville Grows is hosting an information session on how community members can start a Giving Grove Orchard. Thursday, June 2 from 5:30-7pm at 1641 Portland Ave. - No registration is needed to attend, just show up and learn how we can help you improve access to healthy fruits, berries and nuts in your community by establishing an orchard! Giving Grove Orchards need access to water, at least 2 people to act as Stewards, and must be willing to provide most if not all harvest to community members - or to food pantries/hunger relief organizations if the surrounding community is not experiencing food insecurity.

Thursday, June 2, 5:30-7



Healthy House
1641 Portland Avenue



Pop Thomas 2022 Honorary Mayor of Portland

Pops Thomas has been married to Cheryl since 1975. They have 4 daughters and 3 grandchildren. Rick or "Pops" as he is known to all, was raised in Portland. He is 68 years old. Both of us are retired. He is a retired self employed Appliance Tech. Cheryl an RN. We both love Portland. I'm on Good Shepherd Church Council. We have an active Men's Club that I am a member of. We raise funds and support different activities in the community. I also Co-Chair the Good Shepherd Church Fall Festival.

HISTORIC PORTLAND

GREAT NEIGHBORHOOD

GOOD PEOPLE

SAFE NEIGHBORHOOD COMING

WHOSE BILL

Many Kids' Art Activities at Louisville Visual Art this Summer!

By Grant Johnson

LVA welcomes kids from elementary age on up to join the art-making fun at our 1538 Lytle street location throughout Summer 2022.

Our Annual Youth Art Education Exhibits will run all summer, showcasing work made by students in LVA's outside of school time art classes. Drop by during business hours, M-Th, 10am-4pm, to see what our talented young artists have been up to.

LVA is also pleased to bring the Cultural Pass back indoors for summer 2022. This year, participants will make their own comics with pre-printed layouts and drawing materials of all kinds. Find out about Cultural Pass registration and offerings to explore at other participating organizations by visiting: fundforthearts.org/culturalpass/. You may also call the Louisville Free Public Library at: (502) 574-1611 to learn more.

And for kids from middle school age up with an adult companion, LVA's Free Wall is an opportunity to experience the thrill of painting large-scale on the wall of a building. Part of the the Free Wall's purpose is to develop Louisville's community of mural artists by allowing them to refine designs and try new techniques. It also serves as an introduction to mural-making for young people with an interest in bringing their giant-sized vision to life. Minors must be accompanied by a responsible adult, and Free Wall sessions require advance registration, but it's easy. Visit: louisvillevisualart.org/lva-free-wall/, or call (502) 584-8166 and ask for Free Wall Coordinator, Desmone Stepp.



A family admires the art on display at the 2022 Academy of LVA Annual Exhibition.



A young artist stands by his work at the LVA Free Wall in Portland.

Come celebrate the 46th Year of THE PORTLAND FESTIVAL!!

Friday June 3rd 5:00pm – 11:00pm

Saturday June 4th 1:00pm – 11:00pm

PARADE - starts at Family Health Center on Portland Ave

Booth rental, donations, sponsorships, etc. please call 502-901-1590

For information or to enter the parade, contact Leia Whitt at 502-901-1590

Booth Rental - Contact Gregg Whitt, Vendor Chairperson at 502-901-1590

<http://www.portlandfestival.org>

Festival proceeds go right back into the community programs.

2022 HONORARY MAYOR OF PORTLAND - Pop Thomas

GRAND MARSHAL - Tony Gathoff



2022 Music Lineup

Ya'll ready for some music!

Friday – June 3rd

5:30pm – 7:30pm IMG

illustrismusicgroup

8:00pm – 11:00pm Lindsey Lane Band

Saturday – June 4th

1:00pm – 2:00pm Central High School
Marching Band

2:30pm – 4:30pm Dallas Cole Band

5:00pm – 8:00pm The Reclaimers



FOOD, GAMES, RIDES, KID ZONE, LIVE BANDS, DJ

Car and Bike Show, Rain or Shine, sponsored by KG's Body Shop for application contact K.G. 502-291-2025 or Earl 502-356-8358. Pre-entry or day of show \$20. All makes and Models.

entire block of kid zone entertainment and so much more.



Obituaries

Cecil Dwayne Dennis, 82, passed away May 15, 2022. He was a native of Mook, KY. Cecil was a retired Lab Technician for Blatz Paint Co. where he worked for 43 years. He loved to fish, Myrtle Beach, and especially playing the horses. He loved his family and all the family traditions that brought them together. He was predeceased by his loving wife of 60 years, Ruth Tyrrell Dennis; his parents, George and Nellie Dennis; sister, Gladys Bishop; his daughter, Staci Dennis; son, Michael Dennis; grandson, David Dennis II; son-in-law, Wayne Smith. He is survived by his children, Barbara Hornback (Dave), Sandra Smith, David Dennis (Shannon), Billy Dennis, Stephanie Dennis (Greg); brother, Raymond Dennis; brothers-in-law, Bill Tyrrell and Tinker Tyrrell; sister-in-law, Loretta Lynn; 13 grandchildren; 13 great-grandchildren. Funeral Services were held at J.B. Ratterman & Sons Funerals & Family Cremation Care 2114 W. Market Street. Expressions of sympathy may be made to St. Jude Memorial Hospital, Memphis, TN.



Dewey Wayne Horn, 65, passed away April 30, 2022. Dewey was deeply loved by everyone who knew him. He worked part time at Miller's Ace Hardware and the old Portland Recreation Center on Montgomery Ave. He loved sports and volunteering at Portland Youth Organizations and helping his neighbors by cutting grass or whatever they needed. He was predeceased by his loving wife, Marilyn Horn; brother, Bennie Horn; sister, Vickie Horn. He is survived by sisters, Ann Lucas (Tom) and Delores Mathews Horn; brothers, David Horn (Paula) and Danny Horn (Betty); several nieces & nephews and Ashley Vincent who Dewey was a dear father figure to all of her life. Funeral Services were held at J.B. Ratterman & Sons Funerals & Family Cremation Care 2114 W. Market Street.



Travis Hughes passed away on May 2, 2022. He was born on May 9, 1989. He was Business Office Manager at HSD Ironworks, Inc in Louisville, Kentucky and a member of Vision Valley Baptist Church in Mount Washington, Ky. He was predeceased by his mother, Rebecca Hughes Woosley. He is survived by his fiancé Hannah Gaskins, his father, Austin Cotton (Jackie) sister Winter Woosley Boling (Kyle), 2 brothers, Austin Hughes and Dustin Hughes. Funeral Services were held May 7, 2022 at J.B. Ratterman & Sons Funerals & Family Cremation Care 2114 W. Market Street with burial in Evergreen Cemetery.

In Loving Memory
Forever



James William "Big Jim" Messick, 71, passed away May 1, 2022. Big Jim had been a member of St. Cecilia Catholic Church and the Ironheads. He was a retired mechanic for Etscorn Service and loved working on old cars. He was preceded in death by his parents, Roy and Clarice Messick; grandfather, Carl Braun; brothers, Bobby and Duck Messick. He is survived by his loving wife of 40 years, Elizabeth; sons, Bernard Willis (Lynn), Martin Willis, and Timothy Willis (Casey Simmons); grandchildren, Shelby Willis, Jonathan Willis, Noah Willis, Arslynn Vickers, and Andrew Willis; great-grandchildren Astryd and Aura Ma Vickers; sisters, Janet Snow (Alan) and Carol Hancock; brothers, Roy Messick and Terry Messick (Karen); nephews, John Gammons (Lynn), Chris Hancock, and Michael Gammons; niece, Beverly Messick; great-nephews, John Gammons Jr. and Roy Gammons; great-niece, Kristen Messick. Funeral Services are private



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**Don't forget Dear Old Dad
Father's Day June 19th**

**Come our and enjoy the
neighborhood!
Portland Festival
June 3rd & June 4th**

Have a wonderful summer!

Hours:
8 AM - 5 PM Mon. - Fri.
8 AM - 3 PM Saturday



Country-Wide and Southern Indiana Delivery

Obituaries



Marilyn Lea Etscorn Sawyer, 70, passed away April 25, 2022. She co-owned and operated Sawyers Heating & Cooling, with her husband George, for 32 Years. She had also been a beautician and was a proud member of the NRA and Southeast Christian Church. She loved to cook and she loved making her home the loving home that it was. Marilyn loved the Lord. She found the good in difficult situations and her talent of making people laugh was her natural way. She was predeceased by her parents, Bill and Dorothy Etscorn, her son, Hank Etscorn, and her loving husband of 32 years, George Sawyer. She is survived by her daughter, Laura Lynn Etscorn; brother, Bill Etscorn Jr.; grandson, Hank Satterly. Funeral Services will be 3 P.M. Saturday, April 30, 2022 at Ratterman & Sons 3800 Bardstown Rd.



Jasmine Renee Wheat, 23, passed away unexpectedly, May 10, 2022. She was born February 20, 1999 in Louisville, Kentucky to Robert A. Wheat and Donna M. Bonds. She was a former cashier for Papa John's Pizza. Jasmine is preceded in death by her son, Zay'd D. Desacco; and her brother, Steven Bonds. Those left to cherish her memory are her mother and step-father, Donna M. Bonds (Octavious Jackson, Sr.); seven siblings, Dillon Knowles, Kyle Ray Wheat, Brandon Phillips, Amber Wheat, Octavious Jackson, Jr, Shyanne Thompson and Ciera Jackson; grandmother, Marilyn Bonds; aunt, Tabitha Bonds; two uncles, James Bonds and Clarence Bonds. Legacy Funeral Center-Schoppenhorst Chapel, 1832 W. Market Street in charge of arrangements.



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Tony Ratterman, owner
Lenny Black, office manager

We are looking to purchase one or two graves at
Portland Cemetery. Please call our office.

New "Portland Housing Partnership" Builds Home Ownership Opportunities

(Continued from Page 1)

ownership opportunities for low- and moderate-income families.

"HPI has over 30 years of development experience and a renewed focus on single-family housing. Portland Now has membership all over the neighborhood with the ability to bring great families to the home ownership market," said PNI Executive Committee member Richard Meadows. "The partnership is a perfect fit."

This isn't Portland Now's first effort for home owners, either. After naming home ownership as a priority in the Portland Plan, Portland Now fought for funds to help home owners maintain their property. It took four years for Metro Government to find the money, and months to get a workable contract, but by 2014, PNI's partnership with New Directions Housing Corporation had improved 75 homes for Portland home owners.

PNI is now partnering with HPI on a similar mission— to provide quality renovation of vacant properties for new home ownership.

"Our goal is to turn West Louisville renters into West Louisville home owners," said Lisa DeSpain, COO of The Housing Partnership, Inc. Home ownership provides an opportunity to plant roots and build housing wealth. With a nationally-recognized homebuyer education program, HPI has assisted over 6,000 families to achieve that goal. "We are excited to partner with PNI and focus our efforts in Portland," continued DeSpain.

PNI is actively surveying vacant properties that might be acquired for future renovation and home ownership through HPI's Lease to Own and affordable home sales programs. To jumpstart the mission, the Portland Housing Partnership is seeking a summer part-time intern to help with deed research.

Interested in joining our survey team? Contact Gary Watrous and PNI's Revitalization Committee at watrousoffice@aol.com.

Good Shepherd Catholic Parish

MASSES

Mass Saturday 4 PM,
Sunday 11 AM,
Daily 7:30 AM

Welcome

No matter your present status in the Catholic Church,
No matter your current family or marital situation,
No matter your personal history, age, income,
Background, gender, race, ethnicity, or spirituality,
No matter your own self-image of holiness or virtue-
You belong to Jesus Christ and you belong to us!
You are invited, accepted, and respected at Good Shepherd Catholic Parish.
We want to share our Roman Catholic way of faith and Life in Christ with you!

Good Shepherd Catholic Parish
3511 Rudd Avenue
502-749-9780
goodshepherdchurch.us

Dad's Place

There's a special kind of feeling
When I think about you, Dad

It's a pleasure to remember
All the happy times we've had

There's a special kind of caring
That is meant for you alone

There's a place somewhere
Within my heart
That only you can own.

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Weber Group Reconnects with their West End Roots

Portland Museum and the nationally recognized creative fabrication firm Weber Group have teamed up to establish Louisville's first immersive arts experience, AHOY, for its West End children.

The Weber brothers, Tom and Donny, were born in West Louisville's Shawnee Park Neighborhood in the 1940's. They attended school in the neighborhood, including Flaget High School, with the quiet residential streets and alleys serving as their playground. Recalling a distant memory of a local Christmas storefront display that had moving toys and lights, the two brothers declared "I bet we can build that." That moment was the start of imagining, and then building, what could be.

The Weber Family

After graduating from University of Kentucky the brothers eventually founded Weber Group in 1983 as a Design-Build company to use those design and construction skills. They found early success working with some of Louisville's nonprofits bringing creative ideas to housing needs in the city. The Group's first major project was expanding and revitalizing Kentucky Kingdom, designing and installing everything from the rollercoasters to the breakrooms from 1992 to 1997. Since those early roots, their team and sights have grown, with Weber Group's touch unimposingly yet unmistakably finding home across Louisville and the United States.

Louisvillians, even if they don't know the Weber name will recognize their hometown work from Churchill Downs to the Louisville Zoo. Nationally Weber has become renowned for their contributions to vacation-favorites Great Wolf Lodge, the Kennedy Space Center, the Outdoor Adventure Center in Detroit, Michigan, and other immersive spaces.

The Portland Museum and Weber Group first worked together in 1989 on its first significant addition to the Museum. Thirty years later, Portland Museum is reconnecting with Weber Group and bringing them back to Louisville's West End, where it all once began. This talent and history make Weber Group a storybook match for Portland Museum's AHOY project, and the two organizations have been working diligently together to bring it to life. They are both ready to let you peek inside their design process and into the future.

AHOY is Adventure House of You; the first of its kind and much more than a brick-and-mortar children's museum. Inspired in-part by the unique execution style of Weber Group, Portland Museum is creating a motivating, enrapturing arts space dedicated to the children of Louisville's West End. Against all socioeconomic odds, West End youth deserve the opportunity to dream, and to share their empowering dreams with peers across our city and beyond. As AHOY committee member/retired Home of the Innocents CEO Gordon Brown puts it, "AHOY is a state of mind that our young visitors will take home



Gordon Brown puts it, "AHOY is a state of mind that our young visitors will take home with them to affect the rest of their everyday lives." Much like that holiday display touched Tom and Donny Weber, AHOY will for today's children of the West End, and beyond, create young ambassadors who feel a renewed sense of pride in themselves and their home. Plus, again like Tom and Donny, they'll have a fun time doing it.

Connecting Weber Group's West End origins with their West End future through AHOY will be "*I Bet We Can Build That: Weber Group Past, Present, and Future*, opening Sunday, May 22nd at Portland Museum. Weber Group is known for its abilities as a "one stop shop," meaning that it impressively can handle everything from drafting designs to fabricating objects all in-house. Displayed on the walls of the Portland Museum will be a glimpse into that process, with sketches, molds, and architectural plans building up to fun large-scale props akin to those to be seen in AHOY. Oversized tentacles, miniature elephants, terracotta warriors, larger-than-life robots, adorable slugs, and more will populate Portland Museum's gallery rooms! Such images and objects have origins spanning the country, but they will be here focused on their past and potential within Louisville's West End. To be unveiled in style will be completed designs for AHOY as put together by Weber with direction from Portland Museum's directors and AHOY Committee, featuring the minds behind Bonnie "Prince" Billy, Squallis Puppeteers, Louisville's Urban Design Studio, and more. We at Portland Museum know what Weber is capable of, and through this exhibit want to share our excitement directly with you.

"I Bet We Can Build That: Weber Group Past, Present, and Future is just the beginning (Continued on Page 11)"



At Left: William showing off some of the goods.

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for AHOY, and we are lucky to have the Weber Group by our side into the future. More than anything, AHOY is for the underserved peoples of Louisville, particularly their children. Weber will be working alongside local and community artists within AHOY, and our AHOY Committee will field ideas and feedback directly from a committee of West End kids (we like to call them our Catfish Club). The Weber Group started with two kids with a dream in their heads and fun in their hearts, and in celebrating those two kids and what they've accomplished, Portland Museum through AHOY aims to inspire many, many more like them.



Operation Iraqi Freedom

by Deanna L Hopper

As if the ambush over the Euphrates wasn't bad enough he watches through night vision goggles as dogs brave enemy fire to gnaw on the bones of the fallen.

He hastily retrieves a leg of one boy unlucky enough to have been in vehicle number two of the convoy instead of vehicle number seven.

From his buddy's Kevlar vest he meticulously picks every piece of bone, muscle, skin. No part of him will be left behind in this accursed country.

When he gets home he wants to rip away yard signs that say "Support the Troops, End the War."

Monday mornings around the coffee maker at work will never be the same.



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June 2022 Portland Library Programs

Call 502-574-1744 for any questions!

Portland Library Hours

Monday - Wednesday, 10:00 AM - 8:00 PM
 Thursday, 12:00 PM - 8:00 PM
 Friday - Saturday, 12:00 PM - 5:00 PM
 Sunday, closed

Computer and Resume Help by Appointment

Do you need help learning about computers or need help with your resume? We offer one-on-one classes to work on either topic you need help with. Times and dates are flexible and available by appointment only. Call 574-1744 for more details.

Family Storytime

Family Storytime is an opportunity for families to bond over shared stories and songs, as well as engaging in creative activities that reinforce a lifelong love of learning. Ages 3-8 and their families. Wednesdays @ 11:00AM - noon

Evening Family Storytime

An evening family storytime for children and their families. Family storytime is an opportunity for families to bond over shared stories, songs, and creative activities. Storytime reinforces a lifelong love of learning. Ages 3-8 and their families. Monday, June 6 @ 6:30PM - 7PM

Teen Art Smart Club

Express yourself! Draw, paint, sculpt, shape, cut, paste, design, create! Ages 12-18
 Thursday, June 9 @ 5PM - 6:30PM

Crafternoon: Fridge Magnets

Let's stick together and make some attractive Fridge Magnets! Materials will be provided. Adults only. Limit 10 participants, call to register.
 Friday, June 10 @ 2PM - 3PM

Adventures in Space with Tom Causey

Out of this world mysteries and laughter highlight a fantastic trip to other "worlds" where things are not always what they seem. Magical surprises such as teleportations, vanishes, mind reading, transformations and defying the rules of gravity await the adventurer. As always, the show invites participation and makes the kids the stars. Ages 6+ and families.
 Monday, June 13 @ 12PM - 1PM

Getting Started with Facebook Marketplace

A brief tutorial with safety tips for the hobbyist looking to clean out clutter. Not intended for business building. Tuesday, June 14 @ 5:30PM - 6:30PM

Pop Up at the Park

Come join staff from the Portland Library for some sun, fresh air, books, and a craft for the kids at the Portland Park - 640 N 27th St (if the weather allows). Sign up for a library card and/or check out library materials at these three pop up library events.

Thursday, June 21 @ 2PM - 3PM

Movie Screening: Shang-Chi and the Legend of the Ten Rings

Martial-arts master Shang-Chi confronts the past he thought he left behind when he's drawn into the web of the mysterious Ten Rings organization. Rated PG-13: Parents Strongly Cautioned. Some material may be inappropriate for children under 13. Ages 13+

Thursday, June 23 @ 4:30PM - 7PM

Coffeehouse Trivia

Join Portland Library staff at The Coffee Boxx (1512 Portland Ave. #1, Louisville, KY 40203) for an afternoon of general trivia. Compete alone or with teams of up to six people for a prize generously provided by Coffee Boxx!
 Saturday, June 25 @ 1PM - 3PM

Mystery Book Club - With a Twist!

A monthly book club where you read the mystery you want based on a monthly theme. June's theme is a mystery book that features the outdoors. Takes place at The Coffee Boxx, 1512 Portland Ave., Louisville, KY 40212. Call 502-574-1744 for information.

Tuesday, June 28 @ 12:30PM - 1:30PM



Mandy the Salamander

Join us for story time and go on an adventure with us! Our friendly Louisville MSD staff will introduce you to Mandy the Salamander, a tiny salamander with nuggets of wisdom on how to keep her home - and our streams - safe and clean. Mandy will answer big questions that little minds often have, like where does water go after I flush, or when it flows down a storm drain? Small things can cause big problems and small actions from adventurers can make a big difference! Mandy the Salamander books will be provided to participants, as supplies are available. Ages 4-9.

Wednesday, June 29 @ 11AM - 12PM

We Got Game!

Put your speed, skills, and smarts to the test in a variety of exciting, fun-filled games and activities! Ages 12-19

Thursday, June 30 @ 5PM - 6:30PM

NOTIFICATION OF FILING AND NEIGHBORHOOD MEETING NOTICE RE: CONDITIONAL USE PERMIT APPLICATION

Date Sent: Wednesday, May 18, 2022

To: 1st and 2nd Tier Adjoining Property Owners of 412 N. 19th Street, Louisville, Kentucky and Donna Lynette Purvis (Councilperson for District 5)

From: Jon Baker, Esq., Counsel for Hoang Nguyen

Re: Neighborhood Meeting for Conditional Use Permit Application

We are writing to notify you that a Conditional Use Permit ("CUP") Pre-Application (Case No. 21-CUPPA-03.42) has been filed with Metro Louisville Planning & Design Services and to inform you of an upcoming neighborhood meeting on the above-referenced application. The details on the application are set forth in this letter and the supporting enclosures. The meeting will be held on Wednesday, June 1, 2022 at 6:00 PM at the Portland Library, 3305 Northwestern Parkway, Louisville, Kentucky 40212.

Mr. Nguyen is requesting a Conditional Use Permit, per the Louisville Metro Land Development Code, to allow the residential property at 412 N. 29th Street to be used as a boarding home. The boarding home will meet all of the requirements of the state and local regulations and codes for boarding homes.

If you desire to access further information on this zoning proposal online, use the following link to view the case file assembled and maintained by Louisville Metro Planning & Design Services:

<https://aca-louisville.accela.com/LJCMG/Welcorne.aspx?TabName=Horne&TabList=Home> Then click on the "Search" tab; then "Planning Applications"; Enter case number in "Record Number" data field; then click "Record Info" tab.

CASE #: 21-CUPPA-0142

PDS CASE MANAGER:

Joel Dock, AICP

502-574-5860

Joel.Dock@louisvilleky.gov

COMING FALL 2022

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Tired of Hell on Wheels? (My 4 moments of recent deja vous):



1. I was riding my bike slowly thru Portland streets the other day and I found out something interesting: There are more than a few parked cars on the streets with flat tires. Since flat tires with slow leaks can be periodically re-inflated to good effect, I'm guessing that these cars are being totally ignored. Inflating them would do no good, even if you fixed the leak, it'll just deflate again over the long haul of neglect. I've thot of starting a gang of do-gooders who just go around pumping up tires facing the street and leaving a note on the windshield wiper about avoiding an easy ticket for inoperable cars on the street. (Now that COVID is less pressing, the cops can concentrate on something other than just domestic violence -- e.g. start adding in illegal car behavior that is viewable from a few blocks away.) However, I've since changed my views on touching other people's belongings--even to pump up their tires--in lieu of the fact that shootings are commonplace for such behavior as of late.



2. I was riding my bike slowly thru Portland streets the other day and I found out something interesting: The radio recently played an old classic called Low Rider by War. The lyrics blasted me: "low riders don't go too fast now...low riders don't use much gas". Wow. Revive the drive-slow craze. Drug dealers can trick their shock absorbers to do jumping jacks to attract buyers, but can't be stopped by cops for speeding. Slow cars don't run over people. Slow cars don't hurt pedestrians' ears from inadequate mufflers at high RPMs on narrow streets. Low shocks and eye-popping suspensions are to die for, but are too much work for local chop shops. In Portland, we can "get low" just by keeping low tire pressure! If June is to be LowRiderMonth, please note that when driving in LOW RIDER style, make sure you turn on your hazard lights since most drivers are assuming everyone is FAST rather than slow (and no one wants to be rear-ended for going slow).



3. I was riding my bike slowly thru Portland streets the other day and I found out something interesting: When I took the time to look more closely at parked cars with flat tires, I reviewed their license plates to see if cars with flat tires have expired license tabs--and sure enough, they do! Also noteworthy, even cars with inflated tires are prone to have expired tabs. Maybe it's COVID, or maybe it is a great explanation as to why auto insurance is so high here. Easy to enforce this but cops don't want to pester the poor owners--for whom I use the term "the precariat". The precariat are the many who are often one piece of straw away from breaking their camel's back--they live precariously. The term has recently been coined by Prof. Emer. Noam Chomsky.



4. I was riding my bike slowly thru Portland streets the other day and I found

something interesting: Vast amounts of cars are parked on the wrong side of the street. Cars parked the wrong way make systematic reviewing of the status of license plate tabs very complicated, especially since they tend to park with their rear bumper touching another car to obstruct license review. (So much so, that I'm unable to correlate expired tabs with parking the wrong way--stay tuned.)

These themes above are essentially police matters. (Problem is, it doesn't matter to them.) The Mayor is in charge of the police...and the police shape our acceptable behavior over a long time. A new mayor is coming; can we bend his/her ear? This set of 4 items, above, is an outcome of systemic city planning... and Portland is the duly installed County Armpit--by design. Not a problem if you're a bacteria or yeast; they love armpits; are you? Sociologically, the guiding approach to vehicles comes down to two groups of settlers in Portland at this time. The two groups are (1) Slow-food, ti-ny-house Minimalists and (2) The Precariat; living on the edge in any number of different ways. Mixtures of (1) and (2) are all throughout our Portland. The (1) keep their cars legal while (2) have other things to consider rather than the status of their vehicle. (I'm a (1) which is why this bag of words even exists in the first place; those in (2) don't have the time to write or read such drivel.)

It's not you; there isn't a soul on earth who isn't going to be insulted by something I have the gall to say here. It's just my style--by design. #ApplaudingPloddingPlotting #InflatingTiresomePursuits #NotReallyDejaVous

I'm looking for a front-stoop hands-on-hips drama-queen to champion this escapade/fugue. Would that be you?

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Calendar of Events

If you have a special event coming up, let us know before deadline and we will carry it in the Calendar of Events. Call Sherry Stewart, 775-6036 to list your event. If your club or organization is not listed here and you would like it to be, just give me a call.

If your group information changes, please let us know.

Portland Now, Inc.

Tuesday, June 7, 2022

"We're going to have an in person meeting at the Portland Library and a livestream on Google Hangouts. You're welcome to join either platform.

The June meeting of Portland Now, Inc. will be Tuesday, June 7th on the Google Meet platform and in the meeting room of the Portland Library, 3305 Northwestern Pkwy. We will NOT be doing food at the in person event. Elections will be held for New Officers. Come elect your new PNI Leadership!

Social time starts at 6:00 pm and the board meeting (open to all) begins at 6:30 pm. If you would like to be on the agenda to speak or make announcements, please e-mail president@portlandnow.org before Noon on 6/7.

See Page 2 for more information

AMERICAN LEGION POST 193

4th Tuesday of the month, 7 pm,
2800 W. Main St. New members welcome.

AMERICAN LEGION POST 193

LADIES AUXILIARY
4th Tuesday of the month, 7 pm,
2800 W. Main St. New members welcome.

LEWIS/PARKLAND LODGE 638 F&AM

Meets first and third Fridays, 7:30 pm, at The Masonic Lodge at 2nd & Kentucky Sts. Gary Elder, Master 937-3384; Virgil T. Larimore, Secretary, 339-7640.

HELP US HELP OTHERS!

All we need is one hour of your time to help a senior citizen in your neighborhood!

Meals-on-Wheels is looking for volunteers to deliver lunchtime meals to homebound senior citizens. There are many senior citizens living in the Louisville Metro area that are unable to receive meals on wheels due to a severe shortage of volunteers.

Qualifications:

- Complete an application, including police record check
- Provide own transportation

Meals are picked up around 10:00 - 10:30 am and delivery takes about 1 hour. Training is provided. Call 574-6420 to volunteer.

SUPPORT GROUP MEETING FOR PARENTS OF CHILDREN WITH LEARNING DIFFERENCES AND ATTENTION DIFFICULTIES

Meets the third Thursday of each month at 7:00 - 8:30 pm. Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118, Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

ADULTS WITH ATTENTION DEFICIT DISORDER

Support group meets on the fourth Thursday of each month, from 7 - 8:30 pm at the offices of Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118, Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

LEARNING DISABILITIES ASSOCIATION OF KENTUCKY, INC.

Volunteers needed for general office work, special events, and tutoring. Tutors will help students of average to above average intelligence who learn differently. Please call our office at 502-473-1256.

AARP PORTLAND CHAPTER 2526

AARP - Portland meets on the second Monday of the month at Neighborhood House, 225 N. 25th Street, at 10 am. Please join us!

WEST JEFFERSON COUNTY COMMUNITY TASK FORCE

Meets the 3rd Tuesday of every month, 6 - 8 pm, 3rd floor Conference Room, The Nia Center, 2901 W. Broadway. We are an Environmental Group and we need more Portland residents to participate. Contact Carl Hilton at 852-4609 for information.

NEIGHBORHOOD HOUSE NUTRITION PROGRAM FOR SENIOR CITIZENS

201 N. 25th Street. 774-2322. Meals and activities daily from 9 am to 1 pm. 60 yrs. and up donation suggested.

HOUSING PARTNERSHIP

Meeting dates: Mondays 6 pm and Wednesdays 10 am or 2 pm, Downtown, 333 Guthrie, Room 404, Lou., KY. Must call for enrollment. Phone (502) 585-5451, fax (502) 585-5568.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Information 629-2103.

Dare To Care

at St. Cecilia Campus
2519 St. Cecilia Street

the 3rd Tuesday of the month at 10 AM

Dare To Care

will be at Portland Avenue Community Trust (PACT) Parking Lot at the new location in the former Portland Christian School, 2508 Portland Avenue

1st Tuesday of the month
10 AM

BIRTH PARENT SUPPORT GROUP

For those considering placing a child for adoption and for those who have placed a child. Sponsored by Adoptions of Kentucky, Inc. Call (502) 585-3005 for additional information.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Information 629-2103.

MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF LOUISVILLE

6 pm Sunday at the Urban Co. Government Center, 810 Barret Ave. Separate meetings for clients and their families are available. Information: 897-9717.

THYROID CANCER SURVIVORS

The ThyCa Louisville Support Group (for survivors of Thyroid Cancer) will meet from 10 - 12 pm monthly at Norton Audubon Hospital, Louisville, KY. Call for times and dates; also directions and other details about ThyCa Louisville. Contact group facilitator Pamela Pringle at (502) 394-0354. All ThyCa Survivors' Support Groups are free and open to anyone diagnosed with thyroid cancer, their families, friends and colleagues.

Portland Avenue Community Trust PACT

2508 Portland Avenue

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The Food Pantry and Clothes Closet are presently open every Thursday

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AA meetings in Portland

**Grace Community has
AA Meetings**

Family Health Center
2215 Portland Ave., 4th Floor

Tuesday night at 8:00 PM

For more info call (812) 557-0823

AL-ANON

**District 1 Al-Anon meeting
Louisville's West End**

When: Tuesday, 6:30 p.m.

Where: Louisville Urban League

15th & Broadway

2nd Floor

**For Friends and Family member who are
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Break the Chains of Addiction

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Reformers Unanimous Ministries exists to help anybody worldwide who wishes to experience a life of victory over difficulty. This victory is obtained and retained not through an experience of ongoing effort, but through a once in a lifetime decision to accept Jesus Christ as their personal Savior and a subsequent dedication to developing a dynamic love relationship with him.

**Reformers Unanimous
Addiction Program**

"We Help Addicted Adults Find Freedom"
Reformers Unanimous Addiction Program exists to help adults find freedom from addictive behavior. We accomplish this by assisting them in gaining and maintaining consistent communication with the Highest Power. This power is not a higher power chosen by them, but a Holy Power that has chosen them. Usefulness in life is then attained with community service through good local churches.

Shawnee Baptist Church

2214 Bank St., Louisville, KY 40212

Meets every Friday 7-9pm

For Information call 502-741-9961

The Housing Partnership, Inc.

Provides free homebuyer education and financial counseling to residents and homebuyers on an ongoing basis. Enrollment is necessary. Please call (502) 585-5451 for more information. www.WeAreHPI.org.

Recipes from the Ladies of Baptist Tabernacle

Summer is here. Let's try something new for the dinner table.



Green Veggies

1 can French green beans
1 can peas
1 can lima beans

Mix together in a sauce pan, leaving enough liquid for cooking. Put on medium heat. While mixture is heating prepare topping.

1 cup mayonnaise
2 Tbs oil
1 tsp Worcestershire sauce
½ tsp mustard
1 chopped medium onion
2 or 3 chopped boiled eggs

Mix well. Place veggies in your prettiest bowl and spread mixture on top. Ready to serve.



Tomato Surprise

1 pkg of broad noodles
1 can mushroom soup
2 cans tuna or chicken
½ cup milk
1 cup French's onion

Cook noodles according to directions and drain. Meanwhile, place soup in sauce pan and add milk. Mix well, stirring over medium heat. Add noodles and mix thoroughly. Place in casserole and add onion topping. May be browned but not necessary. Serve with a simple salad and you have a meal.

Surprise! No tomatoes.



Cheesy Scalloped Potatoes

½ cup salad dressing
2 Tbs flour
1 cup milk
1 cup shredded Cheddar cheese
4 cups thinly sliced potatoes
2 Tbs grated Parmesan cheese
bread crumbs
salt and pepper to taste

Combine salad dressing, flour, salt and pepper in sauce pan. Gradually add milk. Over low heat stir constantly until thickened. Add cheese and stir until melted. Place potatoes in a 9X13 inch baking dish. Pour sauce over potatoes. Combine Parmesan cheese and bread crumbs and sprinkle over potatoes. Bake in 350 degree oven for 55-60 minutes or until potatoes are tender.



Company's Coming Meatloaf

1 & 1/2 lb ground beef
4 eggs
1 med. onion, finely chopped
½ cup chopped green pepper
½ cup chopped celery
1 & 1/2 cup bread crumbs
1 cup tomato sauce
1 tsp garlic powder
1 tsp thyme
salt and pepper to taste

Combine ground beef with the other ingredients and mix until well blended. Place in loaf pan or skillet. A skillet is best. Bake in 350 degree oven for 1 hour. While meatloaf is in oven prepare ½ cup of ketchup, a tsp mustard, a dash of Worcestershire sauce and a sprinkle of vinegar. Five minutes before removing meatloaf from oven spread this mixture over top and place back into oven. Let cool 5 or 10 minutes before serving.



Pea Salad

1 pkg frozen peas
6 strips of bacon
½ cup of red bell pepper, chopped
1 cup of chopped walnuts

Cut bacon into small pieces and fry until crisp. Heat peas until warm and drain liquid. Place in a bowl and add bacon, red pepper and walnuts.

Mix ½ cup mayonnaise, 1 tsp garlic powder, Tbs of honey or syrup and mix well. Pour over peas and blend until peas are coated.



Tropical Island Cake

1 box yellow cake mix
3 eggs
1 sm. Can of Mandarin orange and juice
¾ cup oil
2 sm. Cans crushed pineapple and juice
Mix ingredients and pour into 9X13 baking pan. Bake for 30 minutes. Set on rack to cool.

Meanwhile, prepare 1 box of instant vanilla pudding, fold in an 8 oz. Tub of Cool Whip. Spread on top of cake and sprinkle on coconut.

Have a safe summer!

Support The Portland Businesses

The Following Advertisers help make the Portland Anchor possible. Please consider supporting these businesses in the Portland Community, and look for their ads in this issue.

What a great way for the people of Portland to find your neighborhood business quickly! Get on The List! If you would like your business listed here, call us today!

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J.B. Ratterman & Sons 2114 W. Market St. 776-4661

Legacy Funeral Center-Schoppenhorst Chapel . 1832 W. Market St. . . 585-4394

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Holiday Hairstyles & Tanning 536 N. 26th St. 776-7916

HOUSEHOLD SERVICES

BC Plumbing Co. www.bcplumbing.net . . . (502) 634-9725

Janes Bros. ACE Hardware 2527 Portland Ave. 778-8727

New Albany Heating, A/C & Electric New Albany (812) 944-6019

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Call 775-6036 Today To Get Listed!

Happy Summer

June is Men's Health Month!

Did you know men live sicker and die younger than women? Try this quiz:

- 1) Men are more likely than women to die from injury in the workplace. True or False?
- 2) Male high school students are less likely than female students to wear seat belts. True or False?
- 3) More men die from prostate cancer than from any other type of cancer. True or False?
- 4) Cancer is the leading cause of death in men. True or False?
- 5) Adults need get at least 1 hour of physical activity a week. True or False?

ANSWERS

- 1) True – In 2005, males accounted for 93% of all work-related deaths.
- 2) True – motor vehicle crashes are the leading cause of death for male teens.
- 3) False – more men die from lung cancer than from any other type of cancer.
- 4) False – heart disease is the leading cause of death for both men and women.
- 5) False – 1 hour is great, but adults should actually get at least 2½ hours of physical activity a week!

6) Men: Know How to Improve Your Health

- Be in the know
 - Know your family health history: It can influence your risk of heart disease, stroke, diabetes, cancer.
 - Know your numbers: Your blood pressure, blood sugar, cholesterol, and body mass index (BMI) tell you about your health and risk for diseases such as heart disease, diabetes, and obesity.
- Work with your doctor or nurse to stay healthy
 - Get check-ups even if you feel fine: Many diseases and conditions do not have symptoms.
 - Get vaccinated: Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines.
 - Pay attention to signs and symptoms: Discharge? Excessive thirst? Rash or sore? Problems with urination? Shortness of breath? If you have symptoms, be sure to see your doctor right away.
- Be active every day to improve your health
 - Get enough sleep: Adults should get 7-9 hours of sleep per night. Lack of sleep is responsible for motor vehicle and machinery-related accidents and can lead to diabetes, cardiovascular disease, obesity, and depression.
 - Eat what counts: Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.
 - Get physical activity: Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
 - Be Smoke-free: Quitting smoking has immediate and long-term benefits for your health.
- Work safely
 - Use safety equipment. Get proper training. Use chemicals and hazardous substances with care.



The Portland Anchor

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*Serving the Community of Portland, and the surrounding
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portlandanchor@att.net

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Call Sherry Stewart at (502) 775-6036

for Display Ads, Billing, Classified Ads & General Information

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To: Portland Anchor, P.O. Box 2108, Louisville, KY 40201-2108

NOTIFICATION

ISO Keith Edwards Elliot Jr., Owner of a 2010 Chevrolet Impala LT
VIN #2G1WB5EN7A1261047.
The vehicle is in current possession of East End Automotive, 1057 S Person St. Louisville, KY 40203 (502) 589-3450

FOR SALE

Building Lot, 806 N 33rd Street, 40212. \$6,000. (502) 396-0670. All utilities at street.

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